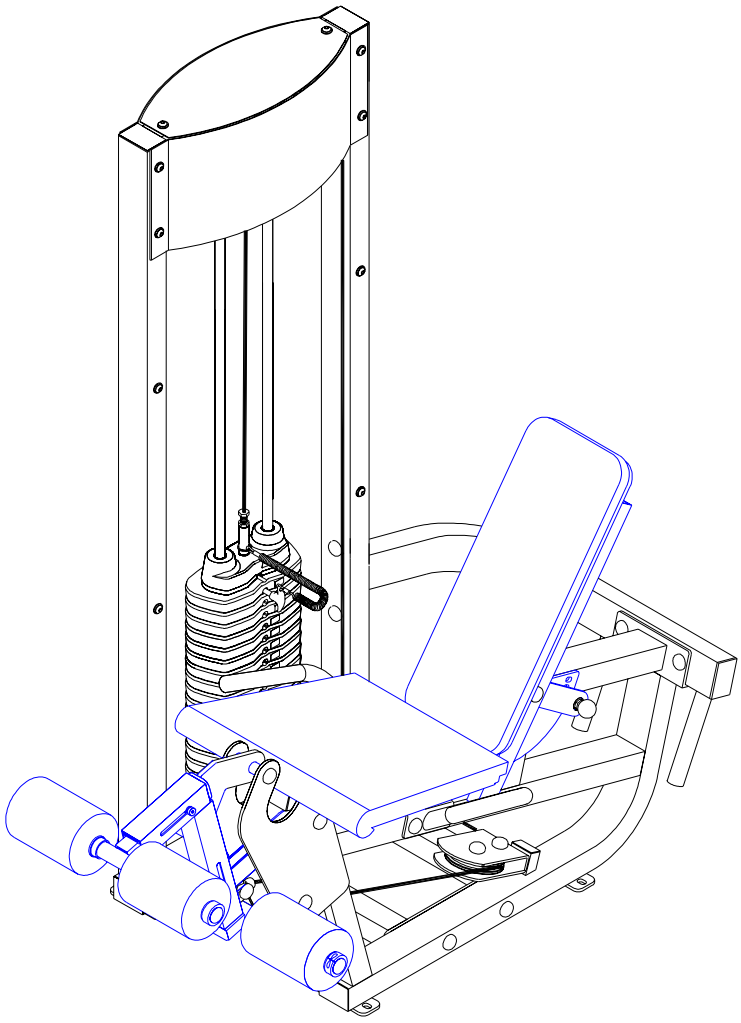
LifeFitness

FIT SERIES
LEG CURL/EXTENSION



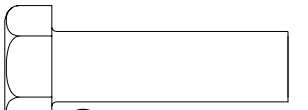
ASSEMBLY INSTRUCTIONS

PARTS LIST

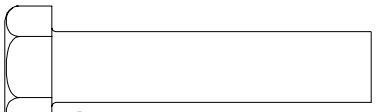
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-1651	TOWER	1	29	ACU06-0375	3/8 X 3" NYLON SPACER	1
2	ACU02-1329	ADJUST PLATE	1	30	ACU06-0396	3/8 X 4" NYLON SPACER	1
3	ACU04-1372	PEDESTAL	1	31	ACU05-0312	5/16 X 1/2" SHOULDER BOLT	2
4	ACU04-1374	HANDLE	1	32	ACUDA1C03803216NU	3/8 X 32mm BOLT	4
5	ACU04-1373	LEG CURL/EXT BACK	1	33	ACUDA1C03804316NU	3/8 X 43mm BOLT	4
6	ACU04-1375	LEG CURL/EXT SEAT	1	34	ACUDA1C03806716NU	3/8 X 67mm BOLT	8
7	ACU04-1648	FRAME	1	35	ACUDA1C03808216NU	3/8 X 82mm BOLT	1
8	ACU04-1650	BASE	1	36	ACUDA1C03809016NU	3/8 X 90mm BOLT	6
9	ACU04-1649	UPPER SUPPORT	1	37	ACUDA1C03809716NU	3/8 X 97mm BOLT	6
10	ACU07-0159	BACK PAD	1	38	ACUDA1C03820416NU	3/8 X 204mm BOLT	1
11	ACU07-0160	SEAT PAD	1	39	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
12	ACU04-1371	LEG CURL ROLLER PAD SUPPORT	1	40	ACUDAEC03802032NB	3/8 X 203mm BUTTONHEAD BOLT	1
13	ACU04-1370	LEG EXT ROLLER PAD SUPPORT	1	41	ACUDC1250100020B	3/8" BLACK FLAT WASHER	22
14	ACU04-1639	GUIDE ROD SUPPORT	1	42	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	23
15	ACU06-0024	3-1/2" PULLEY	1	43	ACUDC120010510U	3/8" SAE WASHER	45
16	ACU06-0025	4-1/2" PULLEY	4	44	ACU05-0310	3/8" RH WASHER	45
17	ACU05-0381	3/8 X 1" SPACER	2	45	ACU06-0357	BLACK RH CAP	9
18	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2	46	ACU06-0357	WHITE RH CAP	36
19	ACU01-2387	GUIDE ROD	2	OR	ACU06-0357	PLATINUM RH CAP	36
20	ACU72925	WEIGHT PLATE	20	47	ACU13-0171	LEG CURL/EXT CABLE	1
21	ACU06-0382	2-3/8" OD PLASTIC WASHER	8	48	ACU73086	WEIGHT STACK LABEL	1
22	ACU10-0204ASY	HEAD PLATE	1	49	ACU10-0229	TOP SHROUD	1
23	ACU11-0067	WEIGHT STACK PIN	1	50	ACU10-0227	FRONT SHROUD	1
24	ACU05-0212	13/16" SHAFT COLLAR	2	51	ACU10-0230	REAR SHROUD	1
25	ACU06-0388	1-1/4" SHAFT COLLAR	4	52	ACUDAEC03809016NB	3/8 X 90mm BUTTONHEAD BOLT	10
26	ACUDB2E03807200B	3/8" BLACK LOW HT LOCK NUT	1	53	ACUDB9E03813016B	3/8" ACORN NUT	10
27	ACU10-0215	ROLLER PAD	4	54	ACUDC125010002U	3/8" FLAT WASHER	4
28	ACU08-0085	3/8 X 1/2" FLANGE SPACER	4				

Tools Required for Assembly

* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set

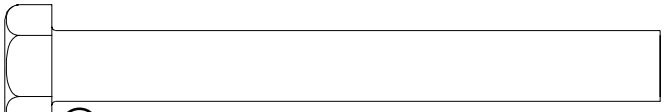


32 3/8 X 32mm BOLT



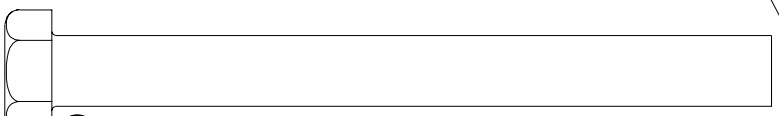
33 3/8 X 43mm BOLT

34 3/8 X 67mm BOLT

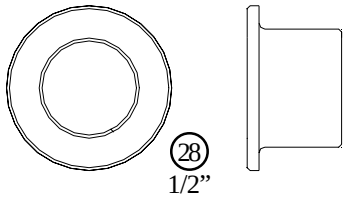


35 3/8 X 82mm BOLT

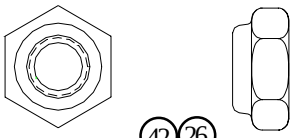
36 3/8 X 90mm BOLT



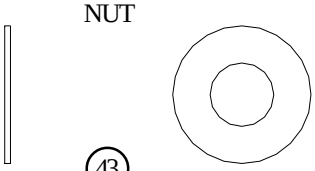
37 3/8 X 97mm BOLT



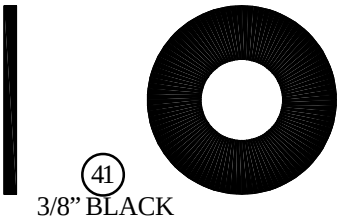
28
1/2"
FLANGE SPACER



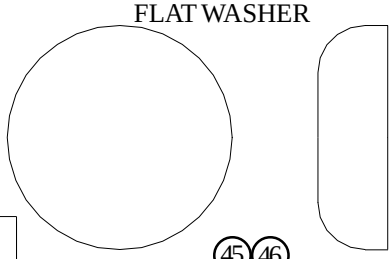
42 26
3/8" LOW
HEIGHT LOCK
NUT



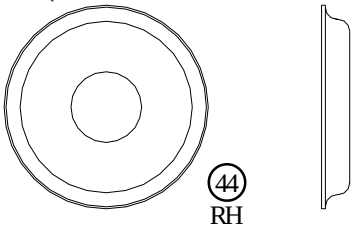
43
3/8" SAE
WASHER



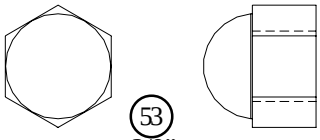
41
3/8" BLACK
FLAT WASHER



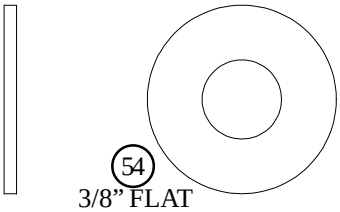
45 46
RH CAP
(WHITE/PLATINUM/BLACK)



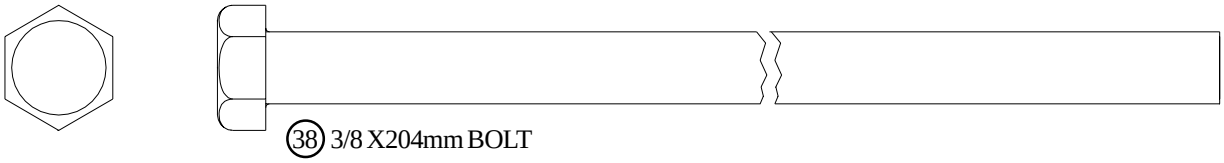
44
RH
WASHER



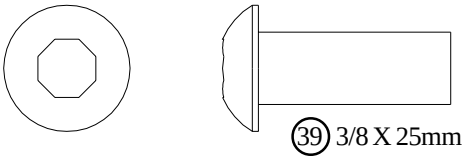
53
3/8"
ACORN NUT



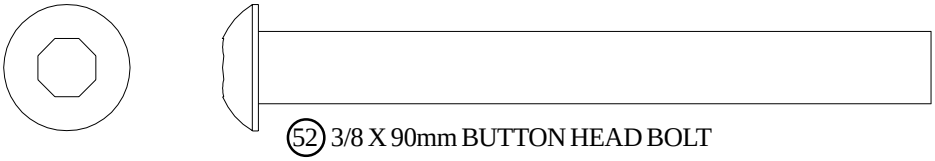
54
3/8" FLAT
WASHER



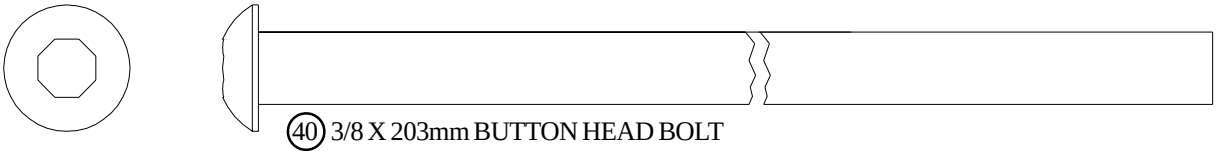
(38) 3/8 X204mm BOLT



(39) 3/8 X 25mm BUTTON HEAD BOLT

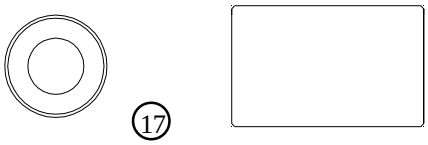


(52) 3/8 X 90mm BUTTON HEAD BOLT



(40) 3/8 X 203mm BUTTON HEAD BOLT

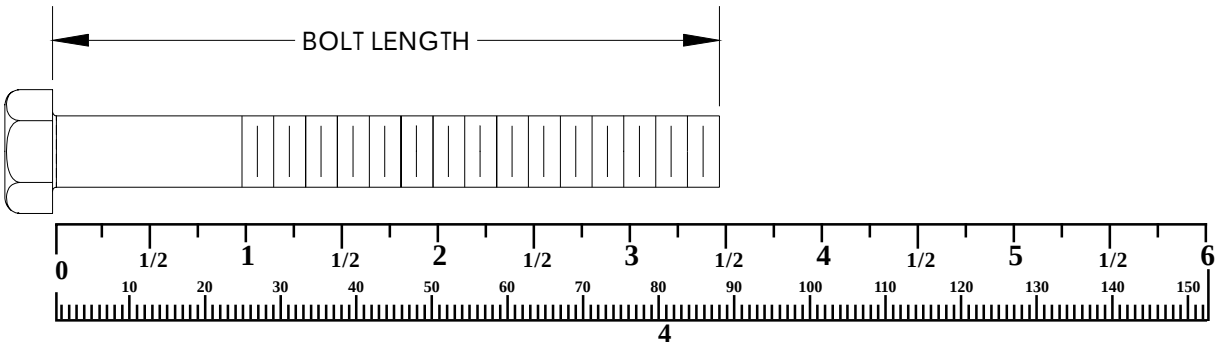
(31) 5/16 X1/2" SHOULDER BOLT



(17)
3/8 X 1"
SPACER

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



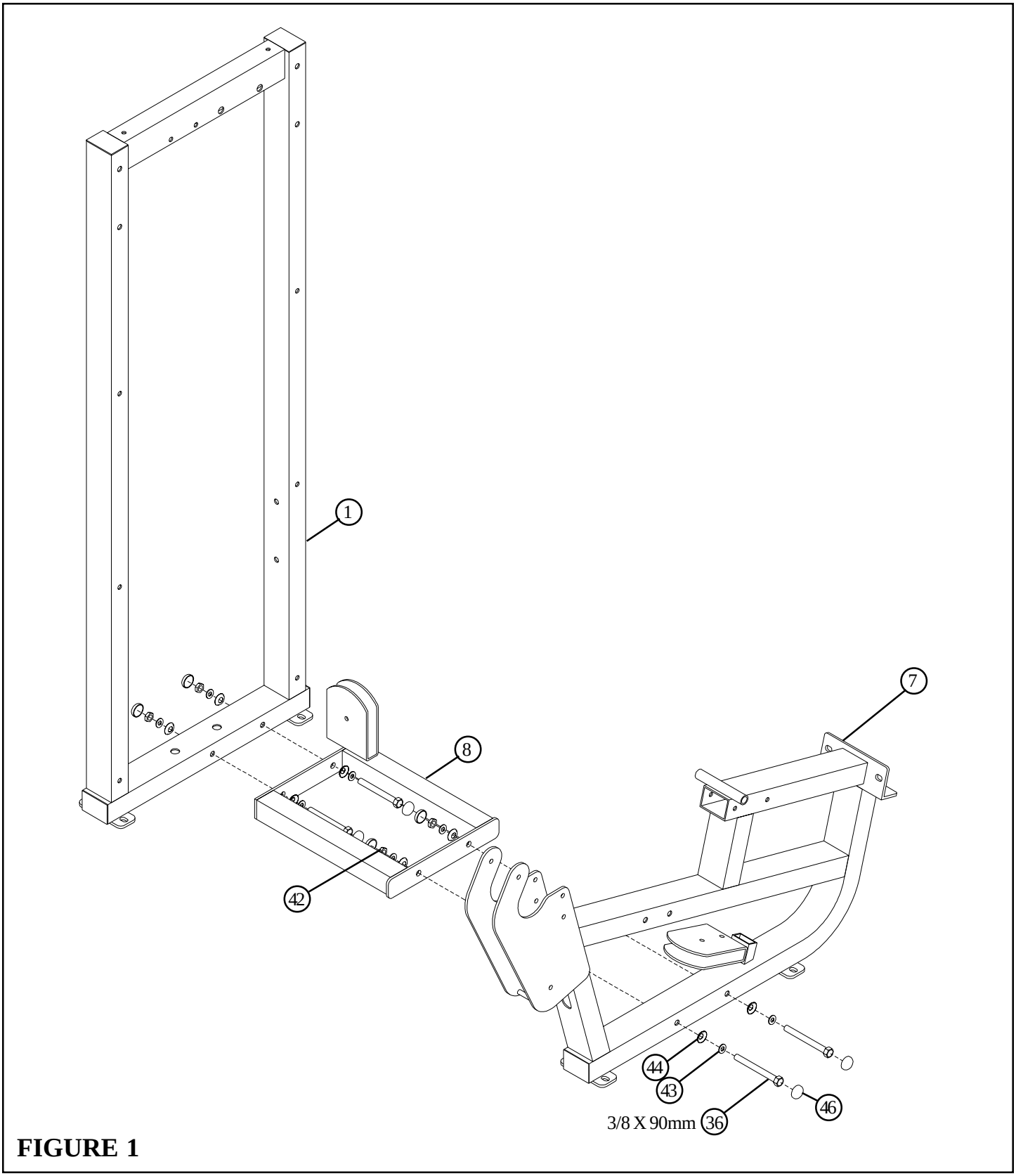


FIGURE 1

STEP 1:

• **LOOSELY** assemble the BASE (8) to the FRAME (7) and TOWER (1) using eight RH CAPS (46), four 3/8 X 90mm BOLTS (36), eight 3/8" SAE WASHERS (43), eight 3/8" RH WASHERS (44) and four 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 1.

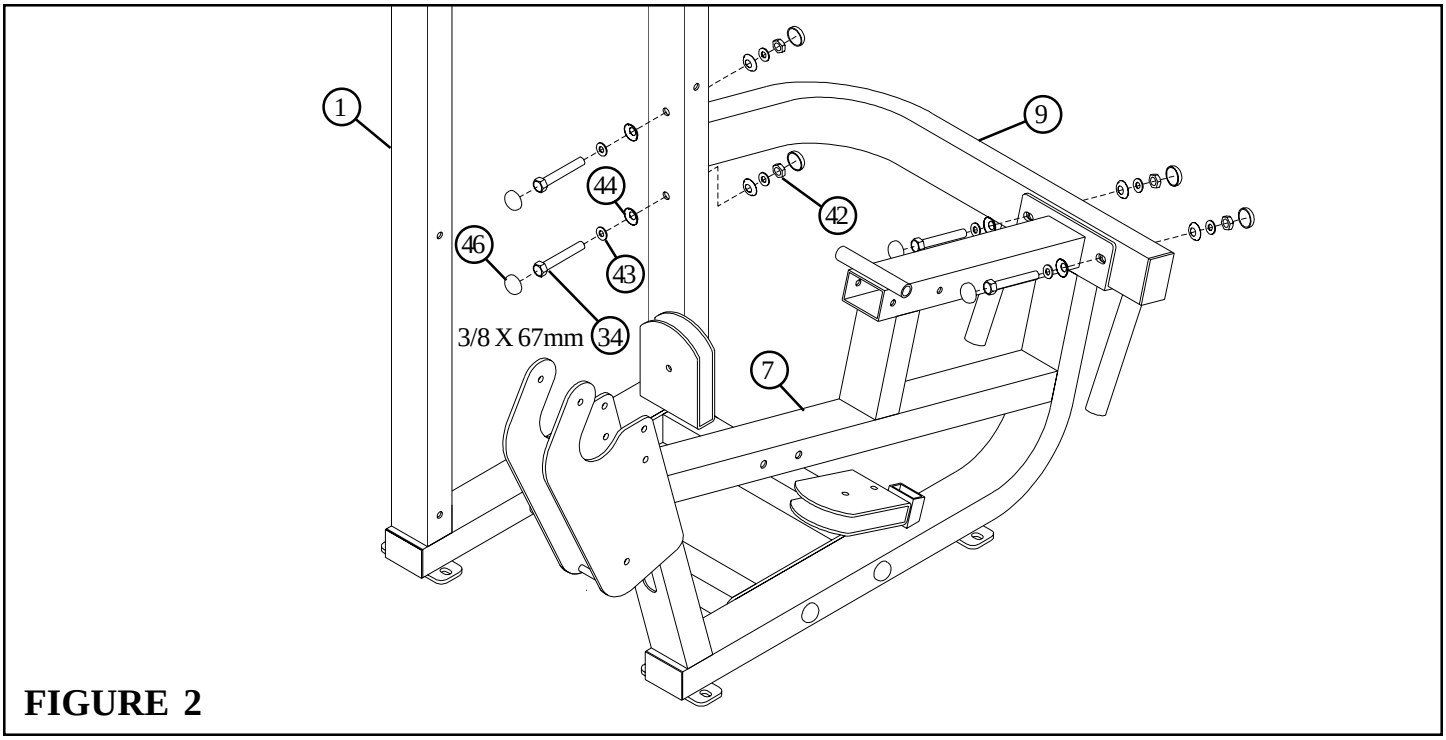


FIGURE 2

STEP 2:

• **LOOSELY** assemble the UPPER SUPPORT (9) to the FRAME (7) and the TOWER (1) using eight RH CAPS (46), four 3/8 X 67mm BOLTS (34), eight 3/8" SAE WASHERS (43), eight 3/8" RH WASHERS (44) and four 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 2.

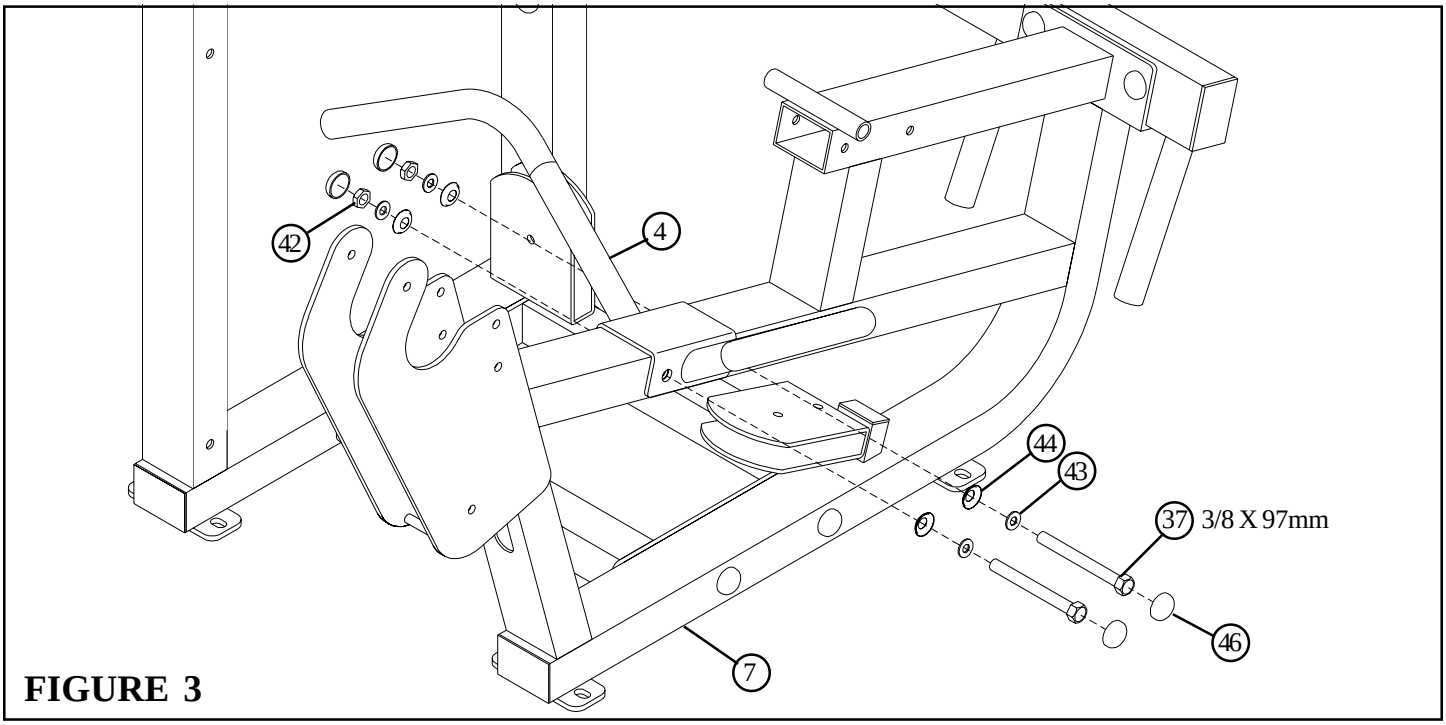


FIGURE 3

STEP 3:

• **SECURELY** assemble the HANDLE (4) to the FRAME (7) using four RH CAPS (46), two 3/8 X 97mm BOLTS (37), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 3.

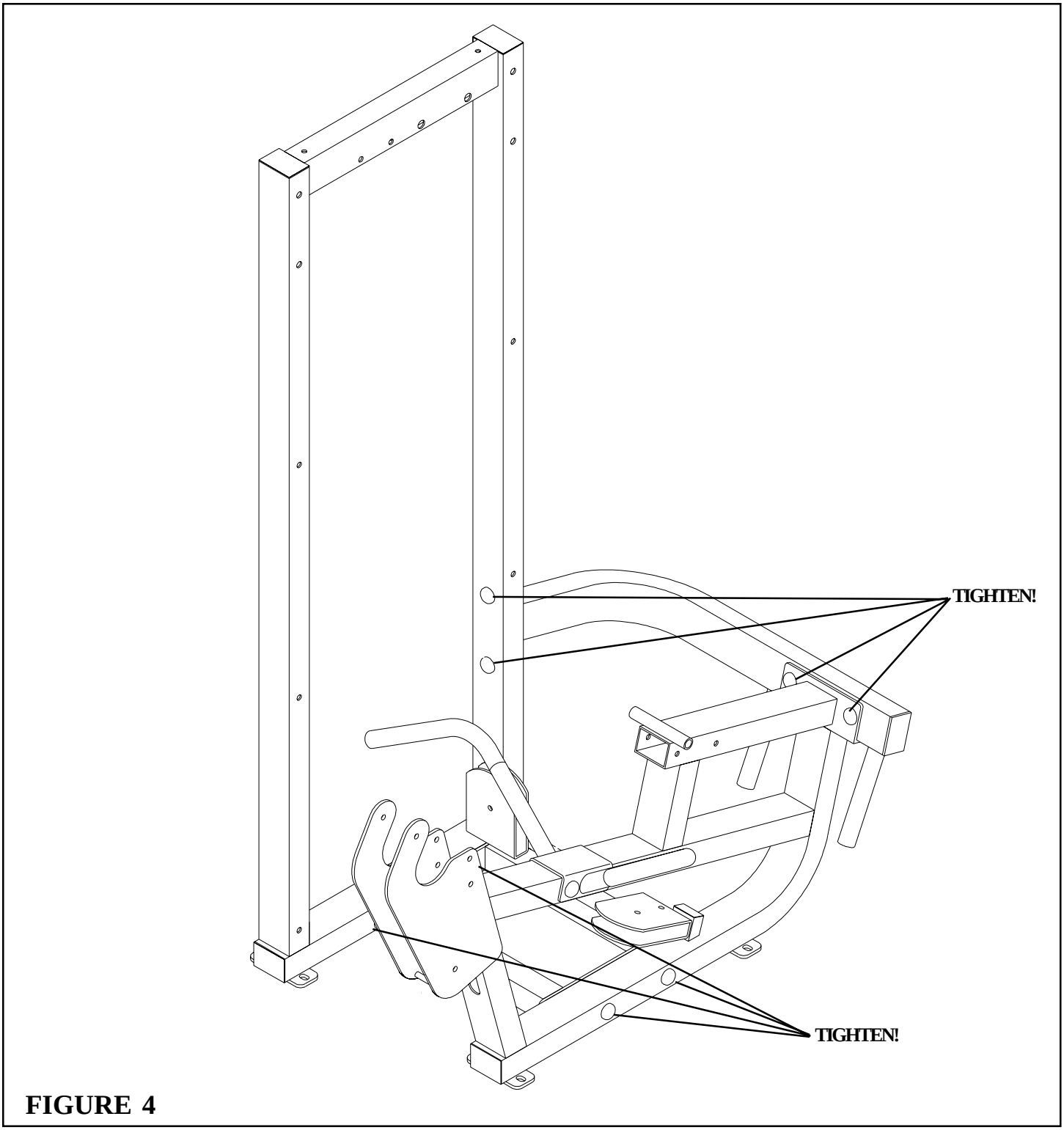


FIGURE 4

STEP 4:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (46) over the RH WASHERS (44) on all tightened connections.**

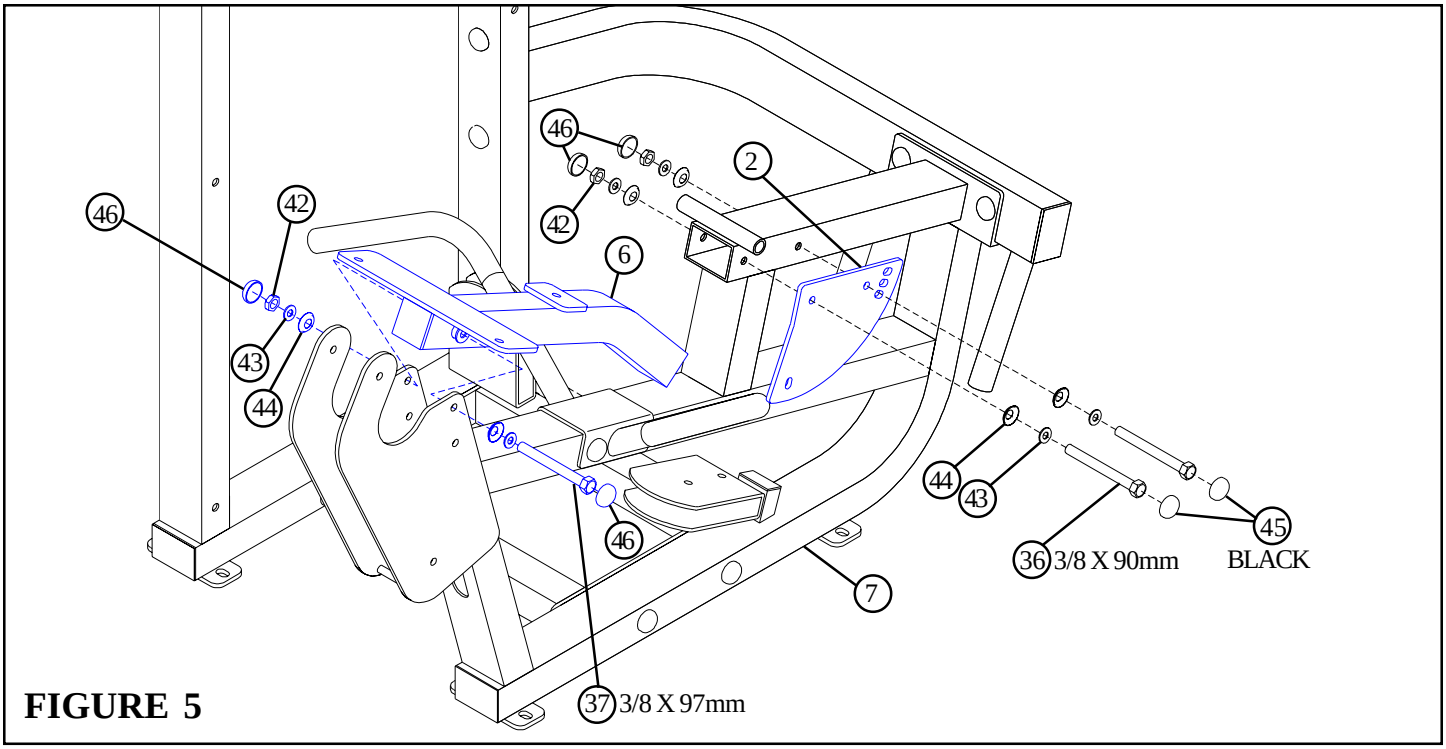


FIGURE 5

STEP 5:

- **SECURELY** assemble the LEG CURL/EXT SEAT (6) to the FRAME (7) using two RH CAPS (46), one 3/8 X 97mm BOLT (37), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44), and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 5. **(NOTE: Tighten connections enough to remove play, yet allowing the part to rotate freely.)**
- **SECURELY** assemble the ADJUST PLATE (2) to the FRAME (7) using two BLACK RH CAPS (45), two RH CAPS (46), two 3/8 X 90mm BOLTS (36), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44), and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 5.

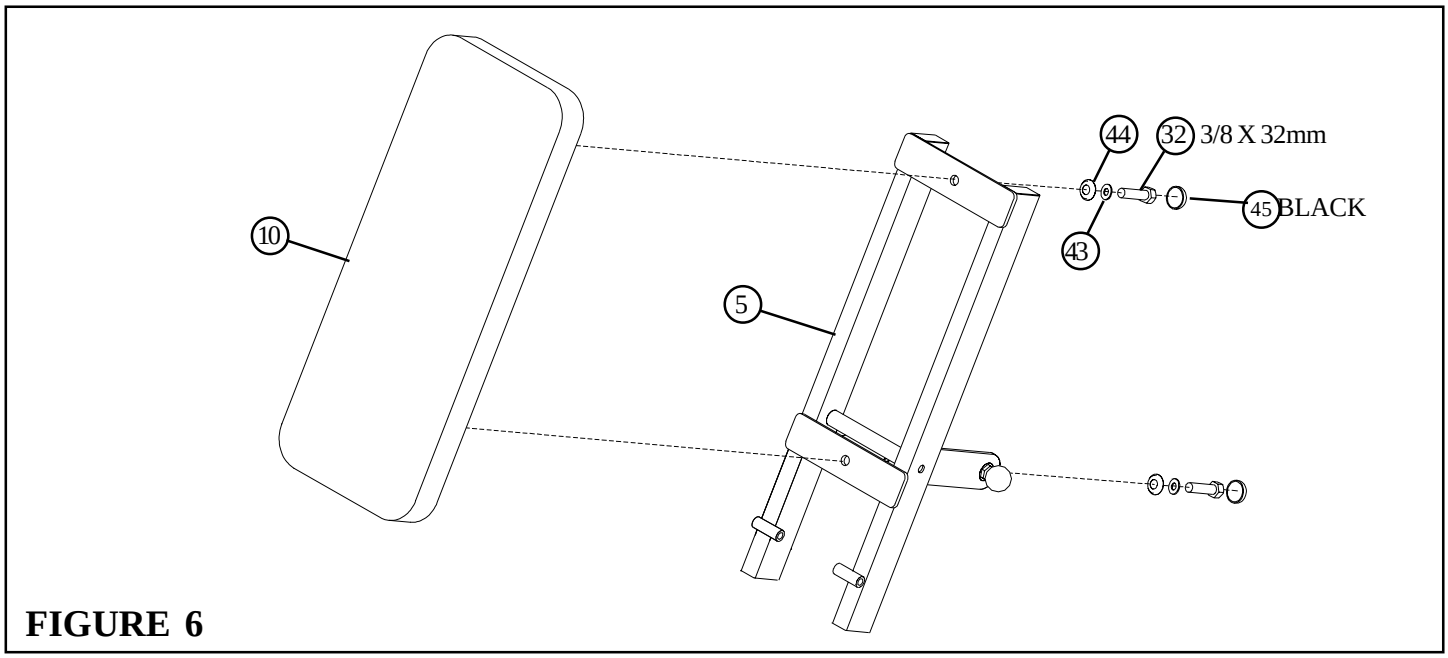


FIGURE 6

STEP 6:

- **SECURELY** assemble the BACK PAD (10) to the LEG CURL/EXT BACK (5) using two BLACK RH CAPS (45), two 3/8 X 32mm BOLTS (32), two 3/8" SAE WASHERS (43) and two 3/8" RH WASHERS (44) as shown in FIGURE 6.

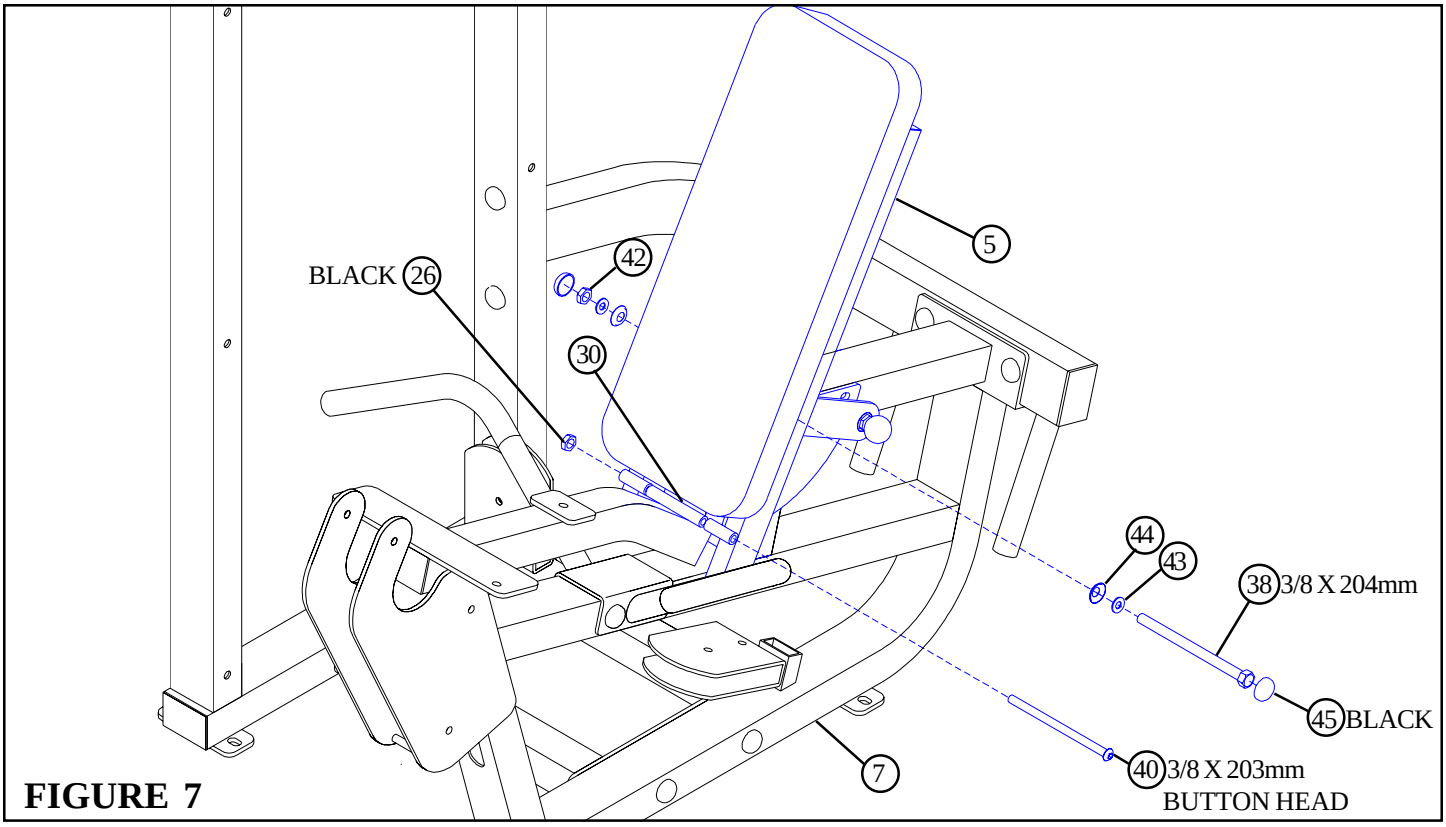


FIGURE 7

STEP 7:

- **SECURELY** assemble one 3/8 X 4" NYLON SPACER (30) between the bushings on the LEG CURL/EXT BACK (5) using one 3/8 X 203mm BUTTON HEAD BOLT (40) and one 3/8" BLACK LOW HEIGHT LOCK NUT (26) as shown in FIGURE 7.
- **SECURELY** assemble the LEG CURL/EXT BACK (5) to the FRAME (7) using two BLACK RH CAPS (45), one 3/8 X 204mm BOLT (38), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44), and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 7.

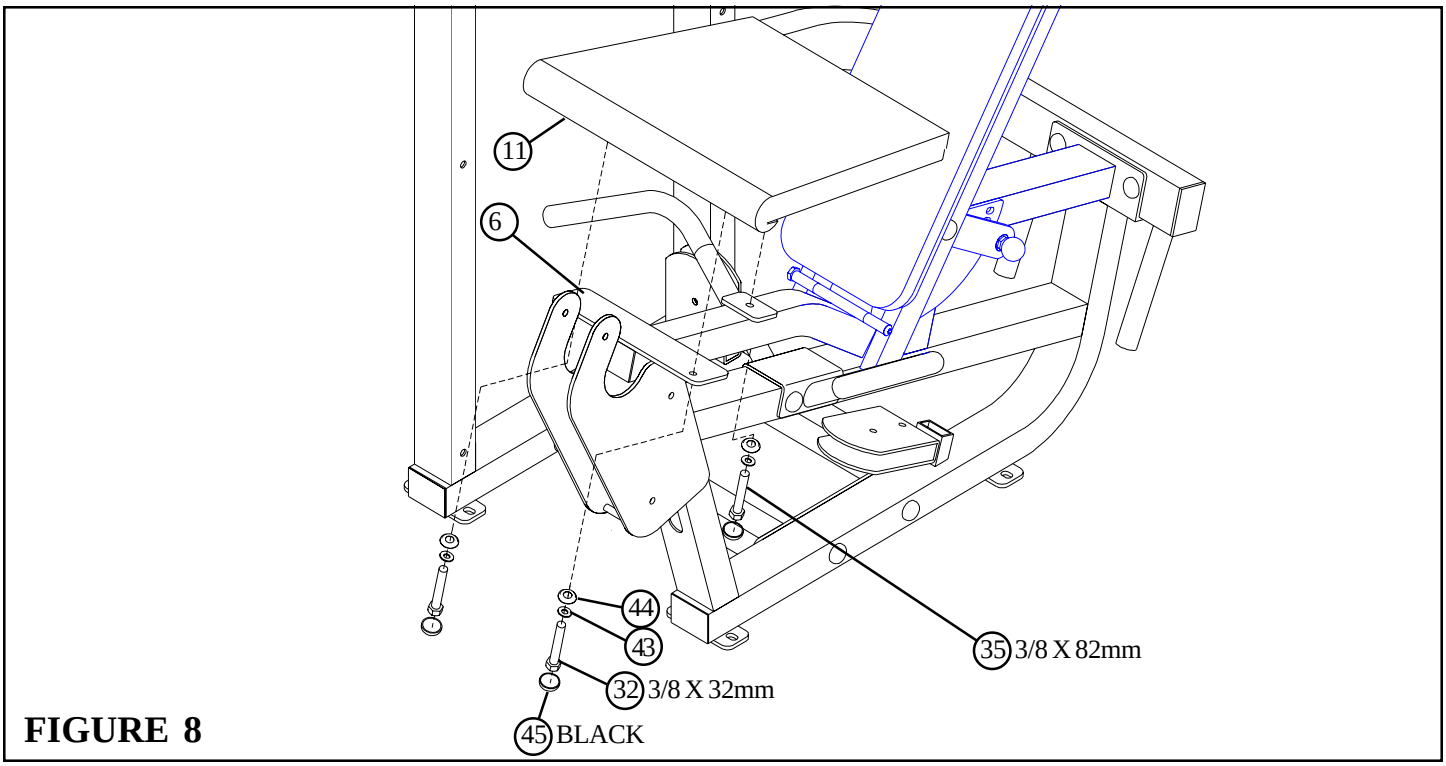


FIGURE 8

STEP 8:

- **SECURELY** assemble the SEAT PAD (11) to the LEG CURL/EXT SEAT (6) using three BLACK RH CAPS (45), two 3/8 X 32mm BOLTS (32), one 3/8 X 82mm BOLT (35), three 3/8" SAE WASHERS (43) and three 3/8" RH WASHERS (44) as shown in FIGURE 8.

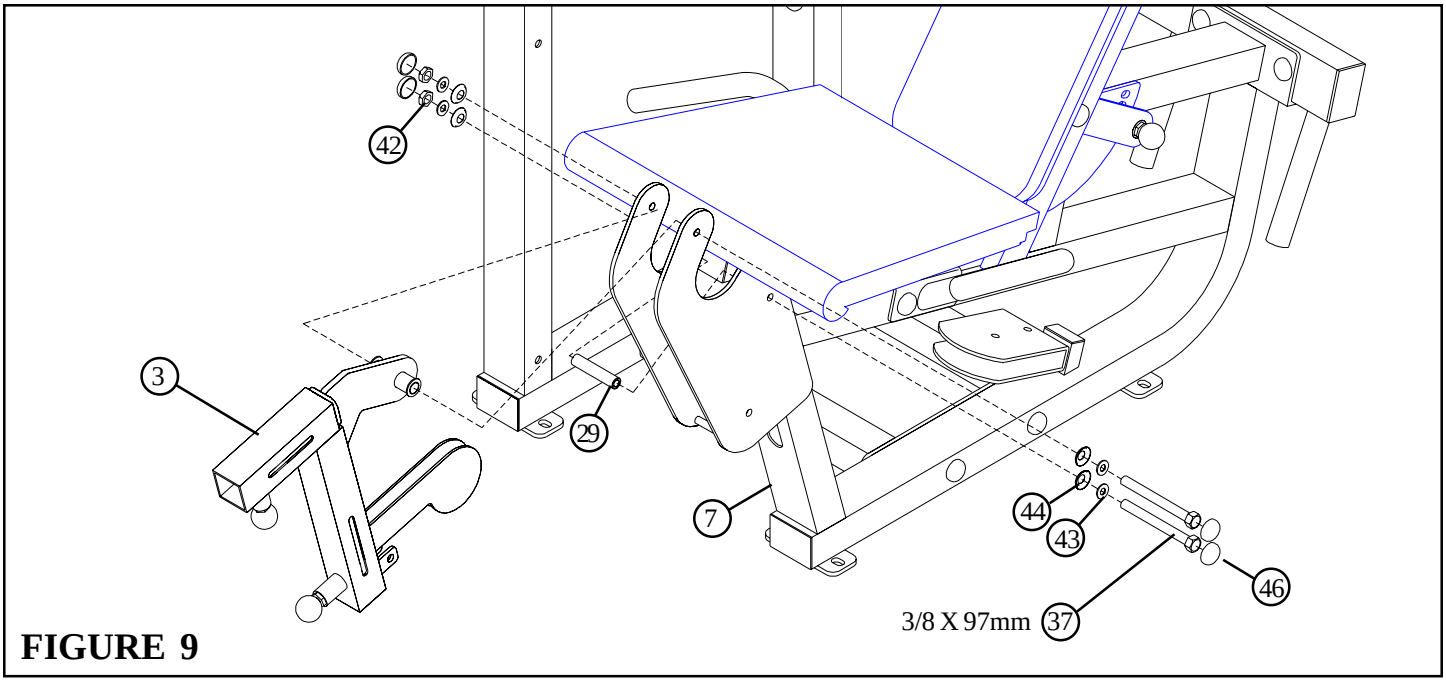


FIGURE 9

STEP 9:

- **SECURELY** assemble the PEDESTAL (3) to the FRAME (7) using four RH CAPS (46), two 3/8 X 97mm BOLTS (37), one 3/8 X 3" NYLON SPACER (29), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 9. **(NOTE: Tighten PEDESTAL enough to remove slop yet allow PEDESTAL to rotate freely.)**

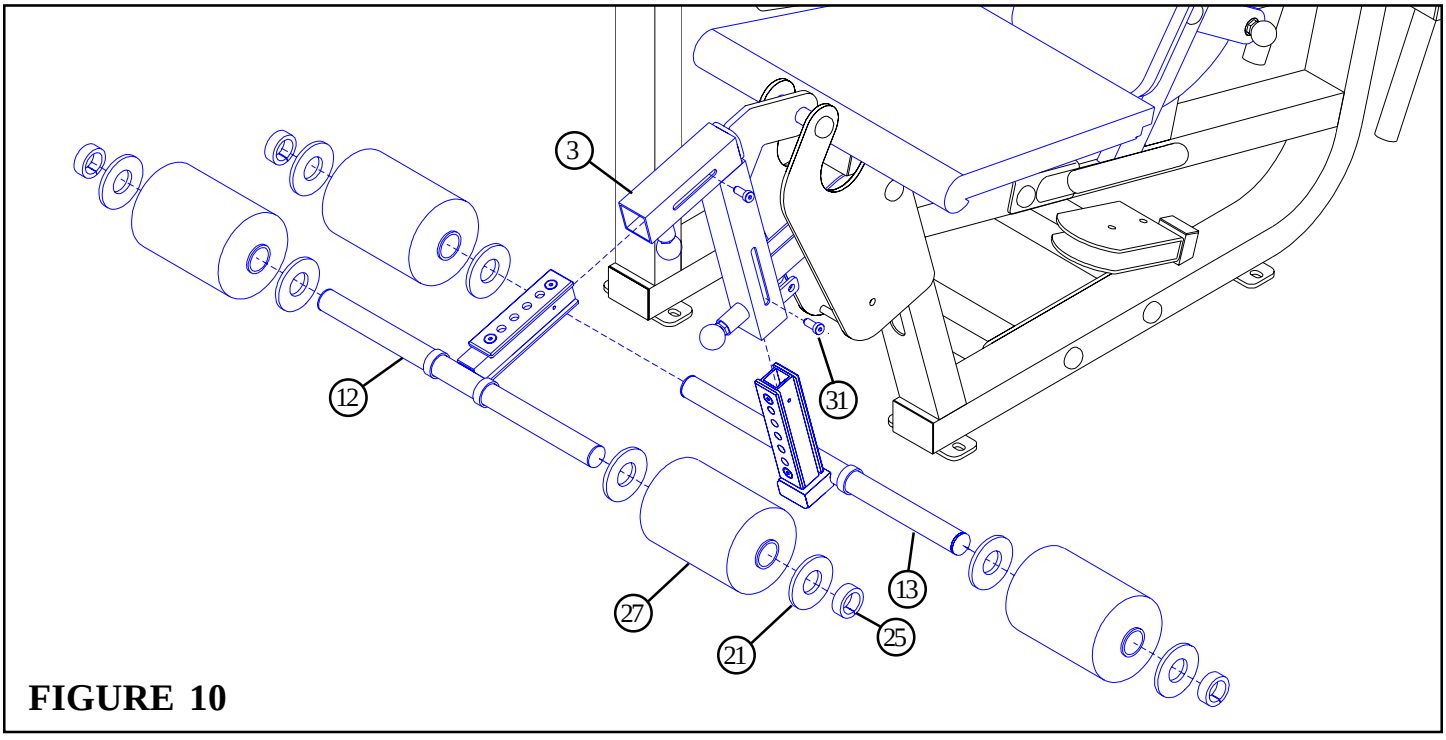


FIGURE 10

STEP 10:

- Pull back SPRING PINS on the PEDETAL (3) and insert the LEG CURL ROLLER PAD SUPPORT (12) and the LEG EXTENSION ROLLER PAD SUPPORT (13). Assemble in place using two 5/16" X 1/2" SHOULDER BOLTS (31) to the LEG CURL ROLLER PAD SUPPORT (12) and the LEG EXTENSION ROLLER PAD SUPPORT (13) as shown in FIGURE 10.

- Assemble four ROLLER PADS (27) and eight 2-3/8" OD PLASTIC WASHERS (21) to the LEG CURL and LEG EXTENSION ROLLER PAD SUPPORTS (12 & 13) using four 1-1/4" SHAFT COLLARS (25) as shown in FIGURE 10.

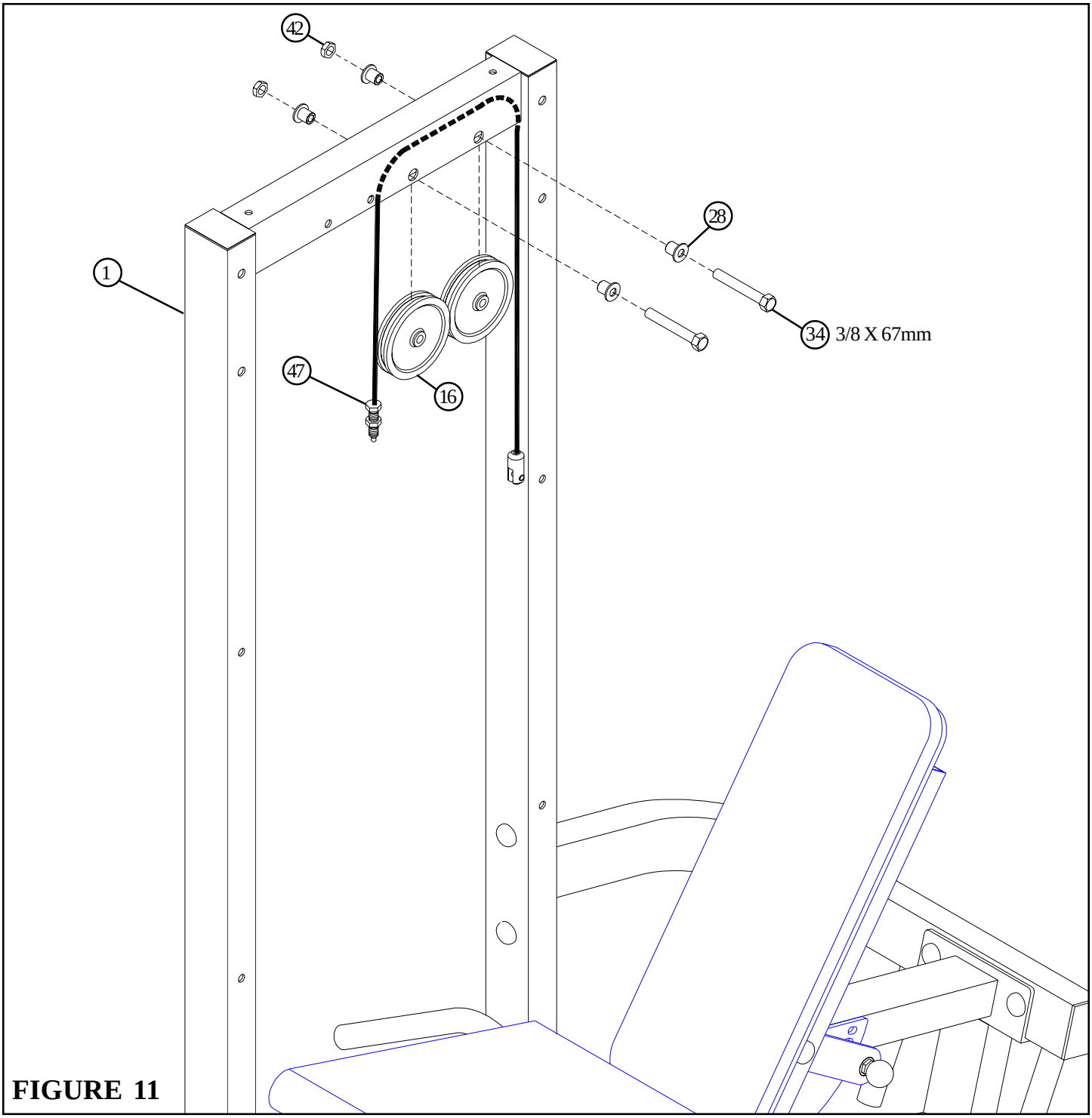


FIGURE 11

STEP 11:

- Route the LEG CURL/EXT CABLE (47) through the TOWER (1) as shown, and **SECURELY** assemble two 4-1/2" PULLEYS (16) to the TOWER (1) using two 3/8 X 67mm BOLTS (34), four 3/8 X 1/2" FLANGE SPACERS (28) and two 3/8" LOW HEIGHT LOCK NUTS (42). See FIGURE 11.

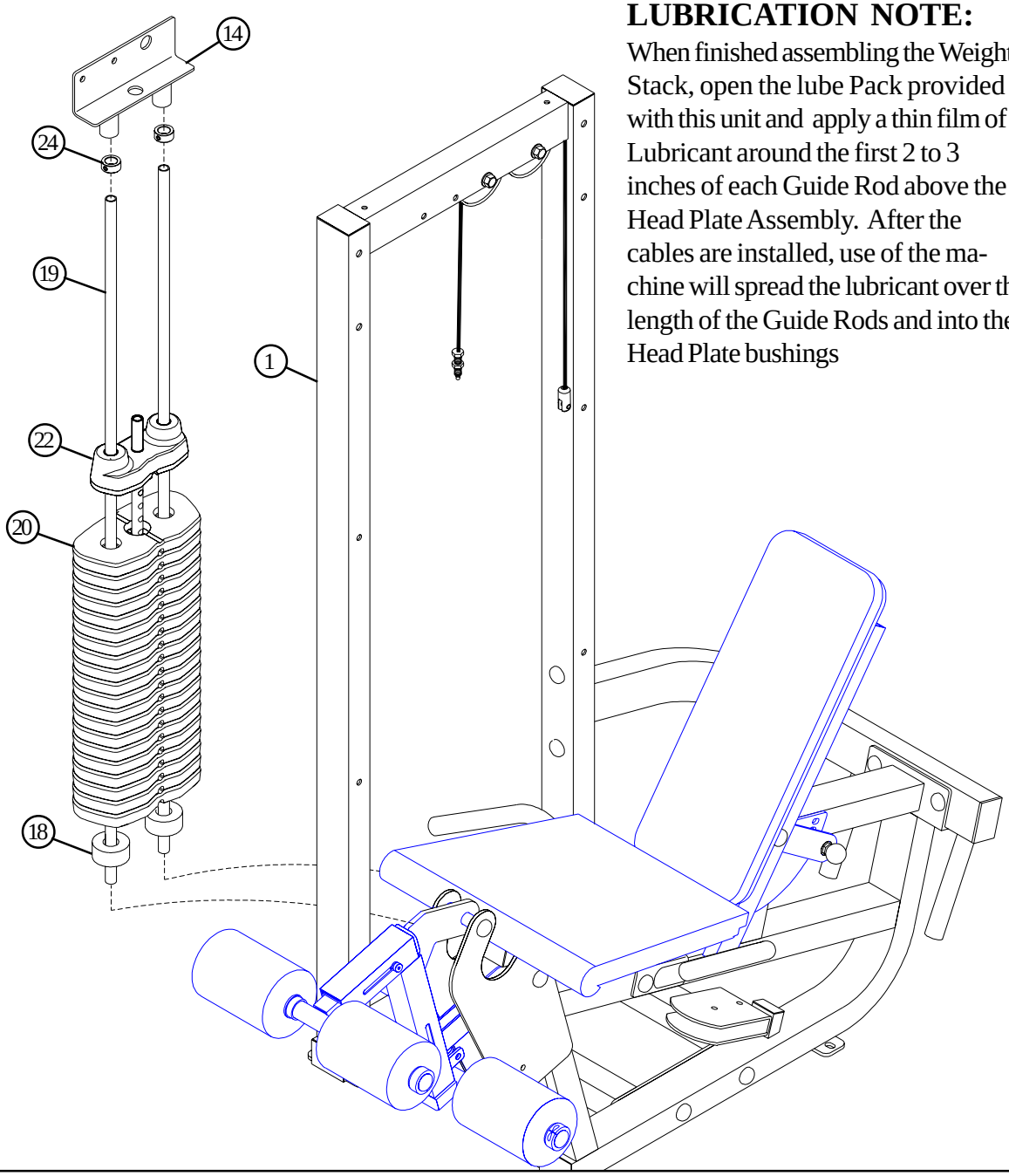


FIGURE 12

LUBRICATION NOTE:

When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate bushings

STEP 12:

- Insert two GUIDE RODS (19) into the TOWER (1) as shown on FIGURE 12.
- Slide two 3/4 X 1" WEIGHT STACK CUSHIONS (18) down over the GUIDE RODS (19) as shown in FIGURE 12.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (20) down over the GUIDE RODS (19) on to the WEIGHT STACK CUSHIONS (18). Make sure that the WEIGHT PLATES (20) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (22) down over the GUIDE RODS (19) onto the weight stack as shown in FIGURE 12.
- Slide two 13/16" SHAFT COLLARS (24) and the GUIDE ROD SUPPORT (14) over the GUIDE RODS (19) as shown in FIGURE 12.

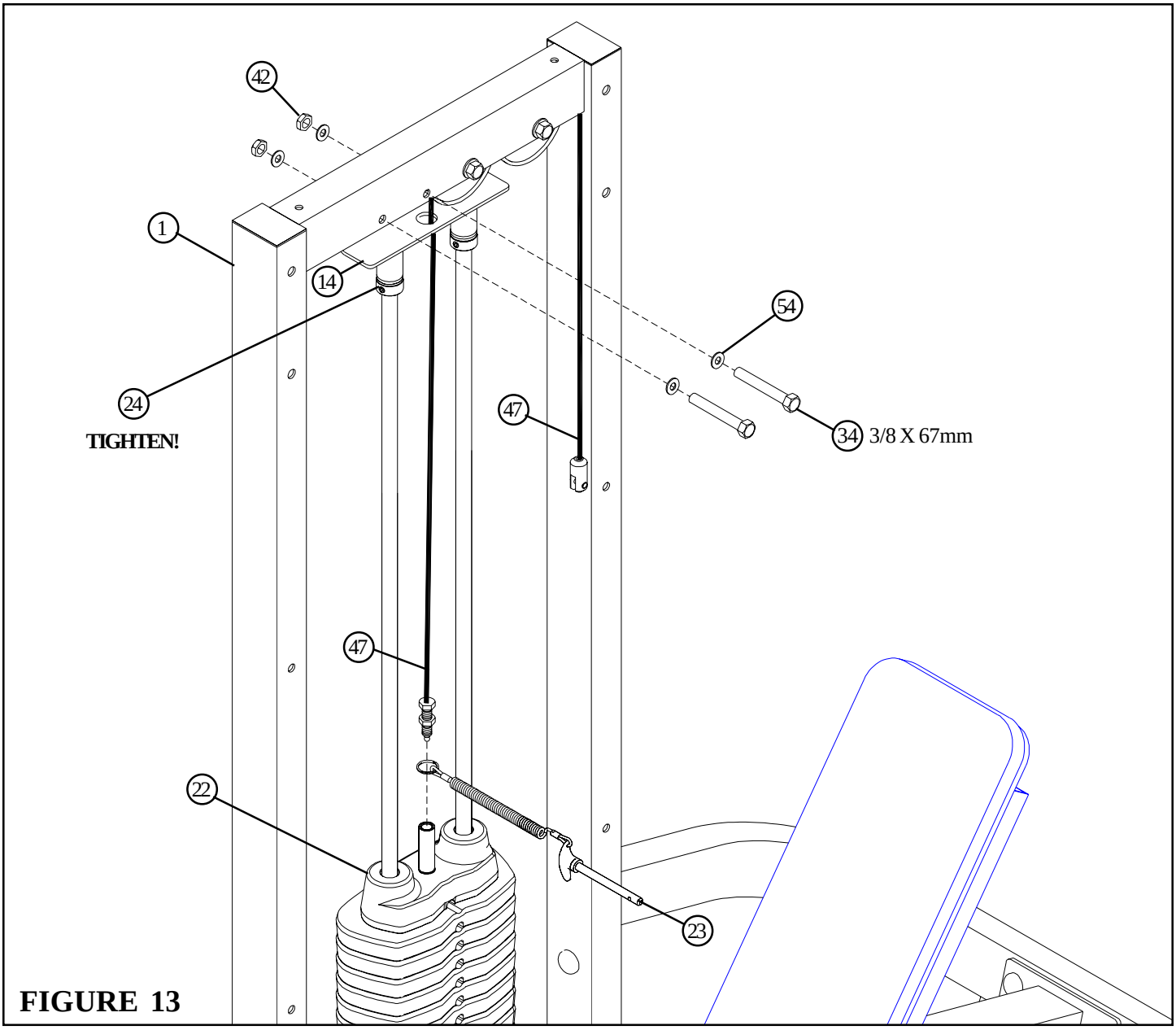


FIGURE 13

STEP 13:

- Route the threaded end of the LEG CURL/EXT CABLE (47) through the GUIDE ROD SUPPORT (14) and **SECURELY** assemble the GUIDE ROD SUPPORT (14) to the TOWER (1) using two 3/8 X 67mm BOLTS (34), four 3/8" FLAT WASHERS (54) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 13.
- Slide the 13/16" SHAFT COLLARS (24) up against the GUIDE ROD SUPPORT (14) and **SECURELY** tighten the set screws on the SHAFT COLLARS (24). See FIGURE 13.
- Slide one WEIGHT STACK PIN (23) over the stem on the HEAD PLATE (22) as shown in FIGURE 13.
- **LOOSELY** thread end of the LEG CURL/EXT CABLE (47) into the end of the stem on the HEAD PLATE (22). See FIGURE 13. **(NOTE: Cable adjustment will be made in a later step.)**

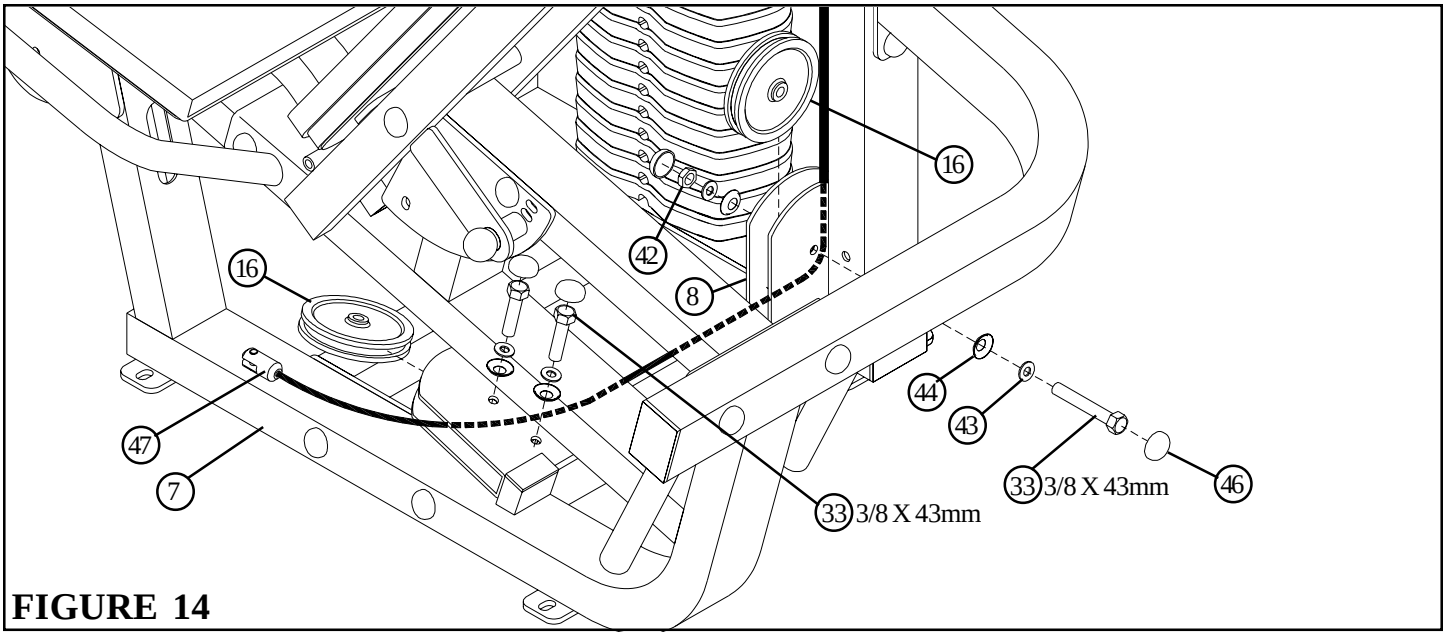


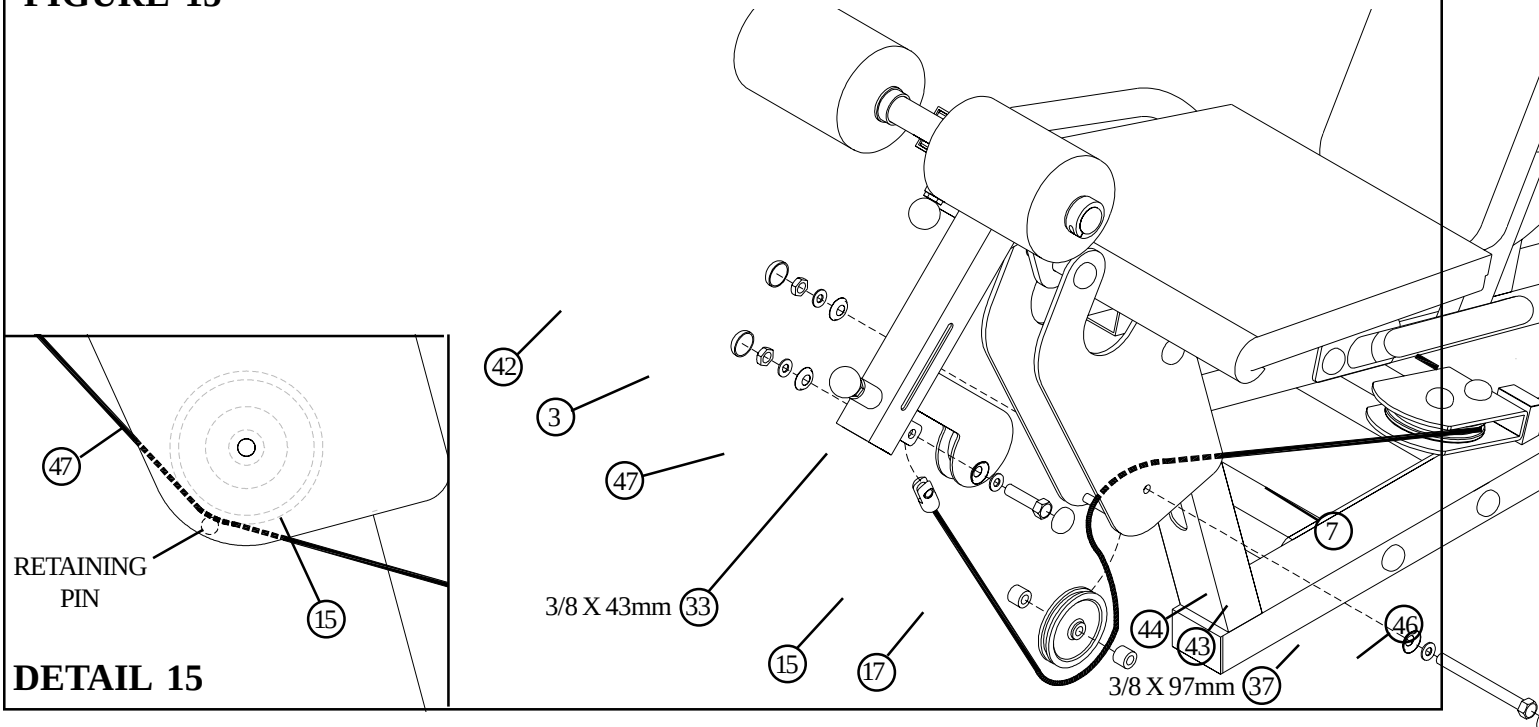
FIGURE 14

STEP 14:

- Route the LEG CURL/EXT CABLE (47) through the vertical bracket on the BASE (8) and **SECURELY** assemble one 4-1/2" PULLEY (16) to the bracket using two RH CAPS (46), one 3/8 X 43mm BOLT (33), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44) and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 14. **(NOTE: Make sure CABLE runs over top of retaining pin.)**

- Route the LEG CURL/EXT CABLE (47) through the horizontal bracket on the FRAME (7) and **SECURELY** assemble one 4-1/2" PULLEY (16) to the bracket using two RH CAPS (46), two 3/8 X 43mm BOLTS (33), two 3/8" SAE WASHERS (43) and two 3/8" RH WASHERS (44) as shown in FIGURE 14. **(NOTE: Make sure CABLE runs over top of retaining bolt.)**

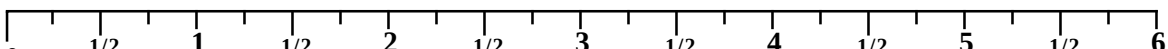
FIGURE 15



STEP 15:

- Route the LEG CURL/EXT CABLE (47) through the FRAME (7) and **SECURELY** assemble one 3-1/2" PULLEY (15) to the FRAME (7) using two RH CAPS (46), one 3/8 X 97mm BOLT (37), two 3/8 X 1" SPACERS (17), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44) and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 15. **(NOTE: Make sure CABLE runs over the top of retaining pin. See DETAIL 15.)**

- **SECURELY** assemble the LEG CURL/EXT CABLE (47) to the PEDESTAL (3) using two RH CAPS (46), one 3/8 X 43mm BOLT (33), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44) and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 15.



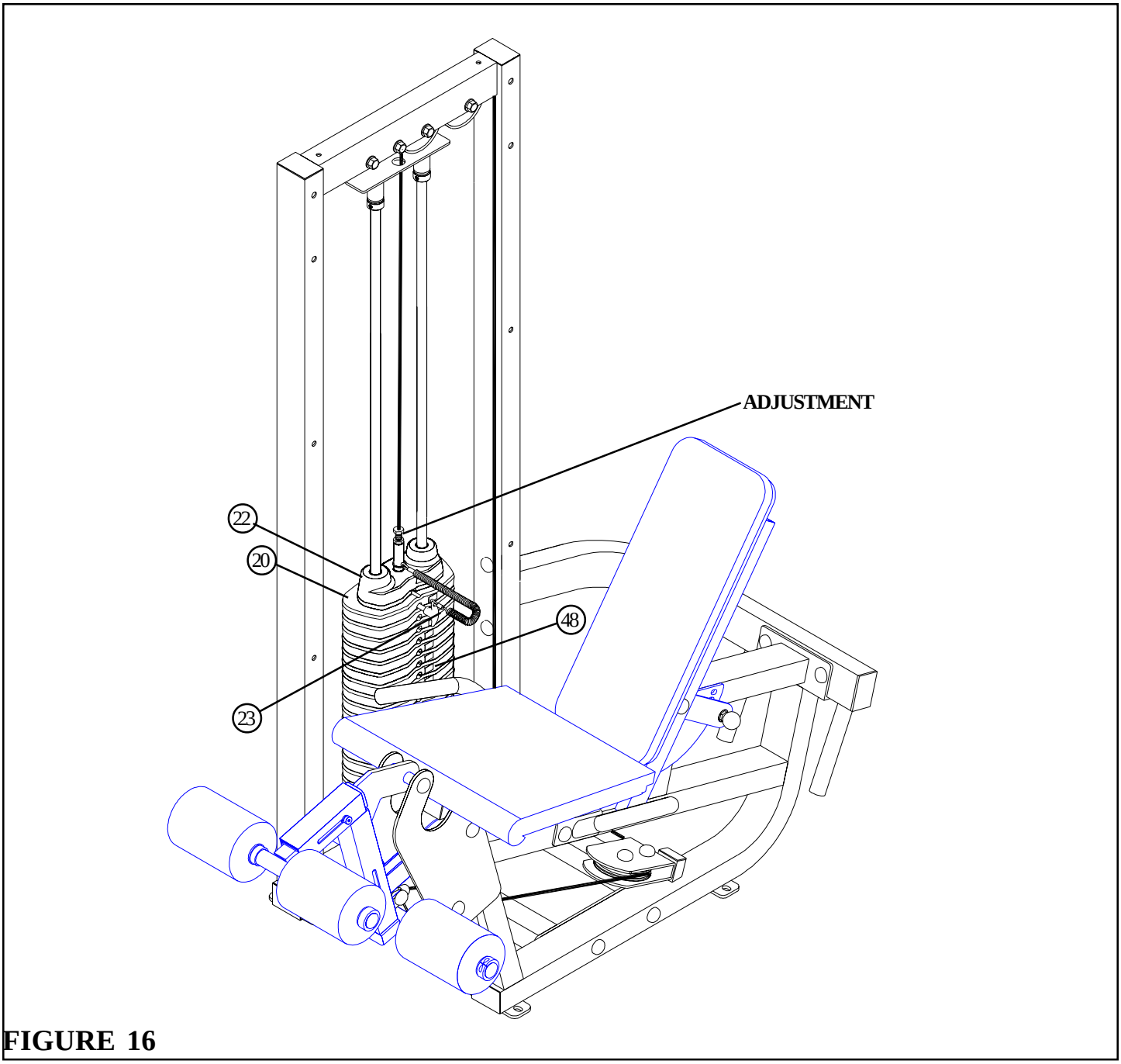
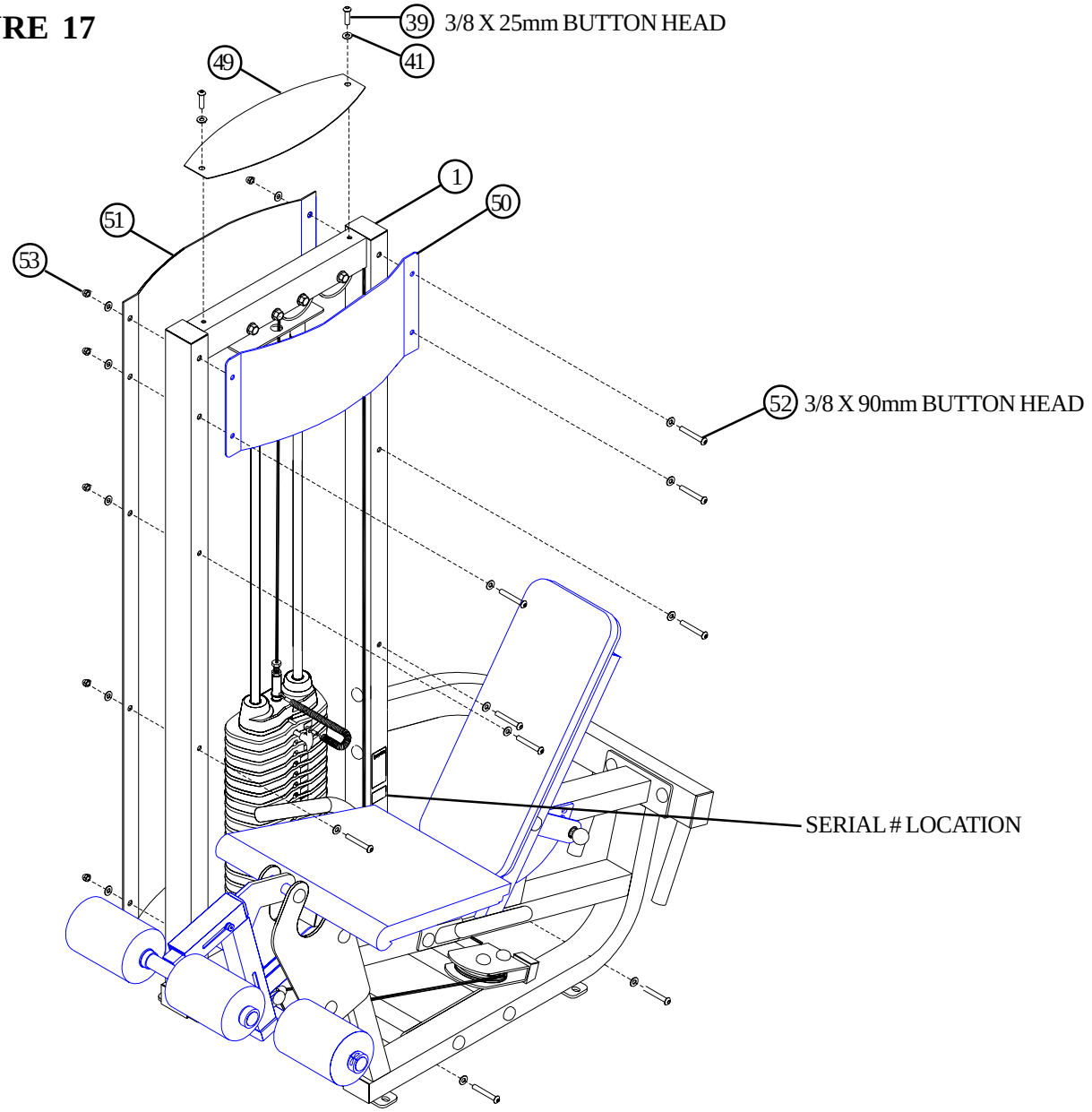


FIGURE 16

STEP 16:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (22) does not sit on top of the first WEIGHT PLATE (20), push the HEAD PLATE (22) down, insert the WEIGHT STACK PIN (23) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (22) from lifting up. See FIGURE 16.
- If after completing the previous step, the HEAD PLATE (22) still does not sit on top of the first WEIGHT PLATE (20) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (22) accordingly and retighten the jam nuts. See FIGURE 16.
- For maximum performance, the HEAD PLATE (22) should just barely sit on the top WEIGHT PLATE (20).
- Apply WEIGHT STACK LABELS (48) to WEIGHT PLATES (20) and HEAD PLATE (22) as shown in FIGURE 16. Begin with number one at the HEAD PLATE (22) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 17



STEP 17:

- **SECURELY** assemble the TOP SHROUD (49) to the TOWER (1) using two 3/8 X 25mm BUTTON HEAD BOLTS (39) and two 3/8" BLACK FLAT WASHERS (41) as shown above.
- **SECURELY** assemble the FRONT SHROUD (50) and the REAR SHROUD (51) to the TOWER (1) using ten 3/8 X 90mm BUTTON HEAD BOLTS (52), twenty 3/8" BLACK FLAT WASHERS (41) and ten 3/8" ACORN NUTS (53) as shown above.

Thank you for purchasing the LifeFitness FIT SERIES LEG CURL/EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness FIT SERIES CURL/EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.